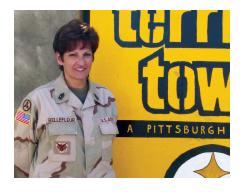
Providing News to Our Veterans

October 2011



GET SCREENED

udy Ann Bellefleur retired from the Army after 23 years of service and a tour in Iraq. She was looking forward to civilian life and retirement; instead, she had to clear her calendar for chemotherapy. Judy Ann was diagnosed with breast cancer in 2008, the most common cancer among women in the U.S., other than skin cancer. Breast cancer is the second leading cause of cancer death in women, after lung cancer.

Since being diagnosed, Judy Ann has undergone six rounds of chemo, surgery, and radiation. Currently there are more than 2½ million breast cancer survivors in the U.S.; Judy Ann is one of them! She is in remission, but requires regular check-ups and different medications.

"Prior to medically transferring to the VA, I met with VA Butler's OEF/OIF Case Manager and he explained how the system worked and what would be happening with my care since I was already being treated at a local cancer center," said Judy Ann. "Later, I was assigned to VA Butler's Women Veterans Program Manager. The VA staff made the overall transition seamless for me, and my care here has been exceptional."

VA Butler's goal is to reach every woman Veteran and provide them with exceptional care. We provide comprehensive health care services specific to women Veterans' needs – complete woman care – including gynecology, maternity care, mammography, and bone density testing and treatment. We also coordinate support services for women Veterans including medical treatment, parenting and caregiver issues, mental health care, violence and abuse counseling, and military sexual trauma counseling. For more information contact the Women Veterans Program Manager at 724.285.2756.

Did you know? October is National Breast Cancer Awareness Month. Getting regular check-ups and screenings improves the chances that breast cancer is found at an early stage and treated with success. "Pay attention to your body and all of the changes it undergoes..." said Judy Ann. "Keep your doctor up to date with any changes or concerns you have. It just may save your life!"



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THIS MONTH IN HISTORY...OCTOBER

- 4 The Space Age begins as the Russians launch the first satellite into orbit this results in U.S. efforts to be the first on the moon (1957)
- **12** After a 33-day voyage, Christopher Columbus makes his first landfall in the New World (1492)
- 13 The U.S. Navy is established after the Second Continental Congress authorizes the acquisition of a fleet of ships (1775)
- **14** U.S. Air Force Captain Chuck Yeager becomes the first man to break the sound barrier, flying in a rocket-powered research aircraft (1947)
- **17-25** The Battle of Leyte Gulf, the largest naval battle in history, takes place off the Philippine Islands during World War II in the Pacific (1944)



Regular mammograms are the best tests doctors have to find breast cancer early, sometimes up to three years before it can be felt. Talk to your VA doctor about getting screened today!

www.prevention.va.gov





OVERCOMING MENTAL ILLNESS

rental Illness Awareness Week is October 2-8. Take the opportunity this week to learn more about mental illnesses. Mental illnesses are medical illnesses. One in four adults experiences a mental health problem in any given year. One in 17 lives with serious, chronic illness. Help us reduce the stigma of mental illness.

On Wednesday, October 5th from 1-3 pm in the Auditorium, VA Butler Healthcare will celebrate its second annual Recovery Recognition Day, a celebration of the remarkable efforts of Veterans who have overcome mental health problems to lead healthier, happier, and productive lives. Veterans, family members, community members, and VA staff are invited to hear stories of hope and inspiration. VA Butler is here for you too. Call us at 724.477.5039.

We want to hear from you! Email amanda.wilczynski@va.gov or lauren.heiger@va.gov to share your story with us!

OCT. FLU CLINICS AND HEALTH FAIRS

The single best way to protect against the flu is to get vaccinated each year.

VA Butler Healthcare is offering flu vaccination clinics to Veterans at the main campus and other community locations this month. For information, call 724.285.2223.

TUESDAY, OCT. 4 • 7am-12pm VA Butler Healthcare Auditorium 325 New Castle Road, Butler, PA 16001

THURSDAY, OCT. 6 • 10am-2pm VFW #2145, 603 Liberty Street Clarion, PA 16214

SATURDAY, OCT. 8 • 9am-3pm (flu clinic ONLY, no health fair) VA Butler Healthcare Primary Care Clinic 325 New Castle Road, Butler, PA 16001

WEDNESDAY, OCT. 12 • 10am-2pm Latin American Club, 1218 3rd Avenue Ford City, PA 16226

FRIDAY, OCT. 14 • 10am-2pm VFW #128, 179 Virginia Avenue Rochester, PA 15074

MONDAY, OCT. 17 • 10am-2pm VFW #519, 220 Blair Street Grove City, PA 16127

WEDNESDAY, OCT. 19 • 10am-2pm Clarion VA Outpatient Clinic AC Valley Medical Center 855 Route 58, Foxburg, PA 16036

FRIDAY OCT. 21 • 10am-2pm Belmont Complex, 415 Butler Road Kittanning, PA 16201

MONDAY, OCT. 24 • 10am-2pm Cranberry Township Municipal Center Council Chambers 2525 Rochester Road Cranberry Township, PA 16066

WEDNESDAY, OCT. 26 • 10am-2pm Lawrence County Government Center Lower Level, 430 Court Street New Castle, PA 16101

SATURDAY, OCT. 29 • 9am-3pm (flu clinic ONLY, no health fair) VA Butler Healthcare Primary Care Clinic 325 New Castle Road, Butler, PA 16001

MONDAY, OCT. 31 • 10am-2pm Allegheny Hills Retirement Residence 421 Kelly's Way East Brady, PA 16028

OCTOBER IS NATIONAL DENTAL HYGIENE MONTH

Healthy habits for a healthy smile



two minutes at least twice a day! Studies have shown that brushing for two minutes is perhaps the single most important step you can take to reduce

rush your teeth for plaque build-up and the risk of plaque-associated diseases, such as cavities and gingivitis. To learn more about VA dental care, eligibility status and enrollment, call 724.477.5011.

EVENTS

- 2nd Annual Recovery Recognition Day Wednesday, Oct. 5 • 1-3 pm VA Butler Healthcare Auditorium
- October Podcast VA Telehealth Thursday, Oct. 6 • 12-12:30 pm Chat link: talkshoe.com/tc/85029 or Call in: 724.444.7444 (Call ID: 85029)
- Walk with a Veteran for Cancer Awareness Saturday, Oct. 8 • 1-3 pm VA Butler Healthcare Auditorium



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